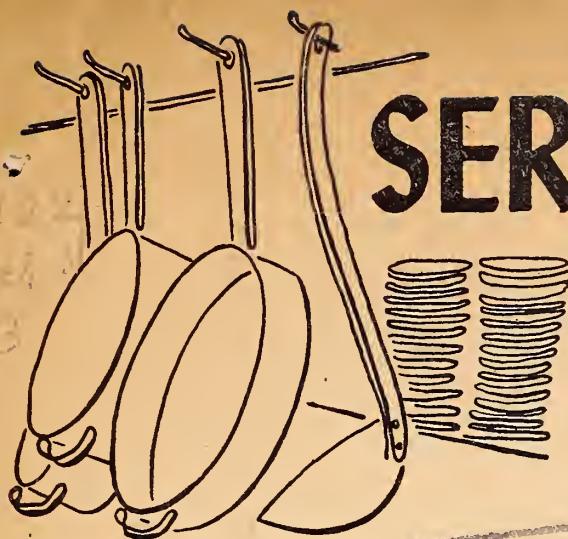


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SERVING MANY

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PREPARATION METHODS HELP CONSERVE MEAT SUPPLY

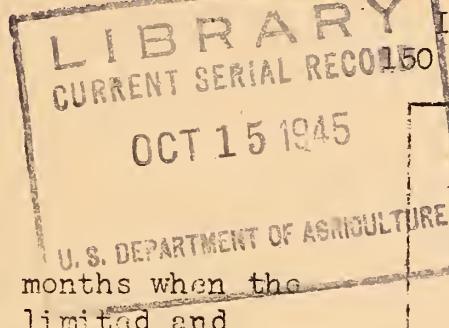
During the coming months when the meat supply will be limited and many cuts rationed, food service operators throughout the country must conserve every ounce of the available meat supply. To do this using the meat they have they will require ingenuity in planning and skill in cooking.

Use Proper Methods of Cooking

Proper methods of cooking must be used for each variety and cut of meat in order to make it palatable and to assure the largest serving yield. Shrinkage is kept to a minimum in meats cooked at low temperatures. They are more tender, more juicy, and slice more easily than meats cooked at high temperatures. In fact low temperature cooking is essential to making the most of meats.

Decrease Shrinkage

A study of the effect of temperatures on the cooking losses was made on two paired legs of lamb weighing 5 pounds 2 ounces each. One lamb leg was roasted in a hot oven at 450° F., while the other one was roasted in a moderately slow oven at 300° F. The two roasts were cooked to the same degree of doneness as indicated by the internal temperature registered on meat thermometers. At the end of the cooking period the lamb leg roasted at the high temperature weighed 3 pounds 8 ounces - a



PLENTIFUL FOODS

Fresh fruits and vegetables expected to be in plentiful supply in most markets in the Northeast Region during April are: Onions, cabbage, carrots, spinach, oranges, and apples (especially lower grades and smaller sizes).

Other foods which are expected to be available in abundance include: eggs, dry edible beans; dry-mix soups; soya flour, grits and flakes; citrus marmalade; apple butter; jellie; grape, plum and fig jams; wheat flour and bread; macaroni; spaghetti; noodles and oatmeal.

shrinkage of 1 pound 10 ounces. The roast cooked at the low temperature weighed 4 pounds 3 ounces after cooking - a shrinkage of 15 ounces. Thus 11 ounces were saved by cooking the roast at the lower temperature.

The shrinkage in the roast lamb cooked at 450° F. was about 50 percent more than that of the meat cooked at 300° F. The difference is represented largely by an increased loss in fat and water. When this fat and moisture are retained in the meat, it is possible to obtain more sliceable meat. The fat and moisture lost were paid for in money and in ration points. A saving of 11 ounces in shrinkage might increase the serving yield by as much as three additional 3-1/2 ounce portions.

Less tender cuts of meat also should be cooked at low temperatures by moist heat as in braising and simmering. They will shrink less and produce more appetizing products when they are cooked below the boiling point than when they are allowed to boil.

Use Low-Point, No Point Meats

This method of low temperature cooking applies to the Utility grade of lamb and veal which is now point free. Because Utility grade meat is low in fat, more fat may need to be added in the cooking process. Meat drippings can be used here. When cooked properly, the Utility grade of meat will provide a delicious stew or meat pie. It is well to remember, however, that Utility grade meat is not as rich in flavor as Choice grade.

Dishes made of Utility grade may be improved when cooked with vegetables and seasoned with herbs and spices. Use celery stalks and leaves, chives, garlic, green peppers, onions, parsley, tomatoes, whole cloves, peppercorns, whole allspice berries, and bay leaves in savory combinations.

Use Variety Meats

The old adage -- if at first you don't succeed, try, try, again -- is most appropriate here. Dishes made of variety meats are becoming more popular, as they are becoming better known. Stuffed heart, boiled tongue, and beef and kidney pie are notable examples.

Heart, liver, kidneys, tongue, sweetbreads, brain, and trips are low point or point free meats which are high in nutritive value. They supply extra minerals and vitamins to the diet. They may be used in a variety of dishes, and the ingenious food service operator who popularizes some of these dishes with workers will ease the strain on ration points.

USE EXTENDERS, CONSERVE FATS

Meat extender dishes will help to stretch the red points, too. Spread the meat flavor by serving stews with vegetables or dumplings, meat pies, patties, loaves, turnovers, croquettes, and baked hash; by serving meat scalloped with macaroni, noodles, spaghetti, or rice; and by serving it with dressing.

Conserve Meat Fats

Conserving fats is just as important today as making the best use of the available meats. Fats are not plentiful and require precious ration points.

Some ways in which to conserve fats are:

1. Use every ounce of drippings and rendered meat fats for frying, seasoning, and shortening.
2. Trim excess amounts of fat from pork or beef before it is cooked. Try out this fat at a low temperature. Small amounts may be tried out in the top of a double boiler. Large amounts may be melted in a steam-jacketed kettle.
3. Use the cracklings, the brown bits from tried out fat, to flavor and shorten cornbread and muffins.
4. Preserve fats used in deep-fat frying for use as long as possible by never letting them reach the smoking point.
5. Keep drippings and used fat in covered containers in the refrigerator so that they will not become rancid.
6. Clarify soft fats by heating

them slowly with sliced raw potatoes for about 20 minutes. Then strain through cheese cloth into a clean container.

7. Clarify solid fats by adding 1 pint of hot water for each pound of fat and heating the mixture slowly for about 15 minutes. Stir well. Strain through cheese cloth and chill. Remove the layer of hardened fat and scrap off the dark material clinging to the bottom. Fat clarified in this way should be used promptly as it does not keep well.
8. Use fat cut from the meat or meat drippings for frying meats and fish, and for browning braised meat and brown stews.
9. Use drippings from ham, bacon, salt pork, and sausage for seasoning vegetables, frying potatoes, in scalloped and creamed dishes, and in stuffing.
10. Use melted bacon fat combined with vinegar as a dressing for wilted lettuce and other greens.
11. Use one-crust pies often instead of those with a double crust. Make latticed topped fruit pies instead of those with a closed crust.
12. Feature deep-dish pies that require only a top crust.
13. Save chicken and other poultry fat and use it to flavor cream sauces and cream soups.
14. Try clarified pork fat for shortening gingerbread and molasses cookies.

Menus

Several menus for Lunch Specials which suggest how appetizing and nutritious meals may be planned by using meat extenders, meat alternates, and variety meats, are given below:

1.

- Cabbage rolls
- Hashed-brown potatoes
- Green beans
- Head lettuce salad
- Enriched bread with butter or fortified margarine
- Fruit Betty
- Milk

2.

- Lamb stew with vegetables
- Parsleyed potatoes
- Red apple and celery salad
- Enriched rools with butter or fortified margarine
- Warm gingerbread
- Milk

3.

- Spaghetti with meat sauce
- Steamed carrot strips
- Mixed green salad with French dressing
- Whole-wheat bread with butter or fortified margarine
- Custard pie
- Milk

4.

- Braised stuffed beef heart
- Mashed potatoes and gravy
- Baked Hubbard squash
- Raw turnip sticks
- Enriched bread with butter or fortified margarine
- Chocolate pudding
- Milk

5.

- Fried halibut steak with lemon
- Baked potato
- Fresh spinach
- Cole slaw
- Whole-wheat rolls with butter or fortified maragarine
- Deep dish apple pie
- Milk

PUBLICATIONS

Available through the North-east Regional Office of the War Food Administration are publications on: specific food uses, preservation, conservation, nutrition (general and industrial), containers, grading and labeling, victory gardens. For pamphlets on these subjects or a complete list of titles, write to War Food Administration, 150 Broadway, New York City.

Cabbage Rolls

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Cabbage leaves (from about 6 heads of cabbage)	100 leaves
Ground meat, uncooked	20 pounds
Uncooked rice	4 pounds
Onion, minced	1 quart
Cooking fat	1/2 cup
Salt	4 ounces
Paprika	2 tablespoons
Hot water or vegetable juice	3 quarts

Number of portions - 100 cabbage rolls

1. Wash cabbage, remove cores, and steam until the leaves are wilted enough to roll.
2. Cook the minced onion in the fat for about 5 minutes.
3. Mix the onion, salt, rice, and ground meat together.
4. Form the meat into loose rolls.
5. Place a roll of meat in the center of a cabbage leaf and roll it up. Place in baking pan, resting the roll in position to hold the leaf in place.
6. Add a little hot water or vegetable juice. Cover the pan and cook in a moderate oven at 350°F. for about $1\frac{1}{2}$ hours, or until the rice is tender.